

United States Army Military KP Supervisor Training



US Army Center for Health Promotion
and Preventive Medicine

Purpose and uses

- This presentation helps meet the requirement, TB MED 530, for training Military KP Supervisors.
- Portions of this presentation can be used to orientate military KPs in basic food safety.
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Importance of Food Safety

Foodborne Illnesses

Food Safety Hazards

- Only a small percentage of actual foodborne illness cases ever get reported.
- In the US, an estimated 76 million persons become ill each year.
- Of these approximately 325,000 are hospitalized and 5,000 persons die because of foodborne illness.

Food Sanitation and Safety Terms

- **Clean** - free of visible soil.
- **Sanitize** - to reduce the number of microorganisms to a safe level.
- **Sterilize** - to make free of all microorganisms.
 - In food service we do not sterilize food contact surfaces.
- **Contamination** - the presence of harmful substance in food.

Food Sanitation and Safety Terms

- **Spoilage** - damage to the edible quality of a food. (Food that is unsafe to eat may not smell or taste spoiled.)
- **Potentially Hazardous Foods (PHF's)** - foods that allow the rapid growth of bacteria.

Food Sanitation and Safety Terms

- **Temperature Danger Zone (TDZ)** - the temperature range where bacteria can grow and reproduce rapidly.
 - The TDZ is between 40 and 140 degrees F.
 - Potentially hazardous foods should be kept at 40 °F or below or 140 °F or above..
- **Foodborne Illness** - illness transmitted to humans through food.

Food Sanitation and Safety Terms

- **Cross-contamination** - the transfer of a harmful substance from one food to another by direct or indirect contact.
- **Direct cross-contamination** involves the transfer of a harmful agent from raw foods to cooked or ready-to-eat foods.
- **Indirect cross-contamination** involves the transfer of a harmful agent to foods by hands, utensils, or equipment.

Responsibilities:

TB MED 530 is the basic army food sanitation reference. It outlines responsibilities and duties of KPs, KP supervisors, food service managers and workers.

Military KP Supervisor Responsibilities

- The military KP supervisor must;
 - Ensure the KP do not have illnesses or symptoms
 - That they are clean, practice good personal hygiene, and
 - Perform basic KP duties in a safe manner.

Personal Hygiene and Identifying Unhealthy Personnel

■ Military KP Supervisors

- Identify unsanitary and unhealthy personnel
- Observations are the only effective means of identifying health risks
- Look for cuts/burns on fingers, hands, and arms; oozing sores, pimples, or boils;
- KPs with any of the following symptoms; sore throat with fever, vomiting, nausea, or diarrhea must be referred to the health clinic and cleared to work with food.

Military KP supervisors must ensure KPs understand very basic food safety principles including handwashing

- Personal hygiene is critical.
- You can not assume a KP knows how to wash their hands correctly or how to safely handle food.

Handwashing

- The most common source of contamination leading to illness is the fecal-oral route.
- Hands are contaminated after using the latrine.
- Bacteria and viruses are easily transferred to and contaminated food or utensils.

Handwashing

- KPs must wash hands after a break, smoking, using latrine, applying make-up, between food handling tasks, before donning gloves, between glove changes, and any other times their hands could be contaminated.

Gloves

- Gloves are not a substitute for proper handwashing.
- Hands must be washed between glove changes.
- Single use gloves must be worn when handling ready-to-eat foods.

Rules for proper wearing of gloves.

- Single-use gloves shall:

- Be used for only one task such as working with ready-to-eat food or with raw animal food
- Used for no other purpose
- Discarded when damaged or soiled or when interruptions occur in the operation

Handwashing Standards

- Wash hands in designated sink.
 - Pot/pan sink and janitor's sink are not authorized for handwashing.
- Hot and cold running water.
 - Hot water between 110 and 120 °F.
 - Liquid soap is preferred over bar soap.
 - Trash receptacle must be available.
- Only disposable paper towels are authorized for drying hands.

Handwashing Standards

- Handwashing procedures
 - Lathering all exposed skin up to mid-forearm for a minimum of 20 seconds.
 - Use a nailbrush to scrub around the nail bed, finger tips and cuticles.
 - Scrub hands for a minimum of 20 seconds then rinse and dry.

KP Uniforms

- Uniforms must be clean
- Cook whites generally worn in garrison
- An outer smock or apron is optional for KPs in garrison, but must be kept clean if worn
- BDUs/ACUs are worn in field feeding operations.
- “T” shirts are not authorized as an outer garment during food preparation or serving.

Hair Restraints and Jewelry

- Hair restraints, such as a hat or hair net must be utilized by all food handlers.
- Workers with no hair, must wear a hat or sweat band to catch perspiration.
- Personnel with beard must wear a beard restraint. (Not likely with KPs.)
- Only authorized jewelry is a plain, smooth wedding band or medical alert bracelet or necklace.
- KP supervisors not actively engaged in food preparation may wear a watch.

Hygiene Standards

- **Fingernails**
 - Must not extend beyond the fleshy tip of the finger, and they must be neatly trimmed and smooth.
 - False fingernails, fingernail adornments, and fingernail polish are not authorized.
- **Eating and drinking is prohibited in all food preparation areas**
 - Only exceptions to this policy for KPs is drinking water from a completely enclosed container (sports bottle.)

Military KP supervisor:

- The food manager is responsible for specific training of the military KP supervisors and the KPs.
- The military KP supervisor and the food manager are responsible for supervising the KPs performance of their assigned tasks.
- Military KPs responsibilities can include; general cleanup of the facility, cleaning and sanitizing food service equipment and utensils, basic food preparation and serving.

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Minimum KP training

- The following is the minimum detailed KP training.
- KPs should have a basic understanding of how foodborne illness occur and how to perform their tasks in a safe manner.

Factors That Contribute to Foodborne Disease

- The leading causes of Foodborne Illness are:
 - 1) Cross-contamination between raw and cooked and/or ready-to-eat foods. It generally results from poor personal hygiene (worker's hands), or from using unsanitized equipment
 - 2) Infected food handlers and poor work habits

Food Receipt and Storage

- Military KPs and KP supervisors should have a basic understanding of receipt and storage.

Preventing Contamination of Packaged & Unpackaged

Food

- Store ready-to-eat food and cooked foods separately or above raw PHF's.
- Store food in packages, covered containers, or wrappings.
- Clean hermetically sealed containers (can) tops before opening.
- Store new product in back of old product.

Preventing Contamination of Packaged & Unpackaged Food

- Store damaged, spoiled, or recalled food in designated areas that are separate from food, equipment, utensils, linen, and single-service and single-use articles
- Before they are washed, store fresh fruits and vegetables separate from other ready-to-eat food.

Package Integrity

- Food packages shall be in good condition and protect the integrity of the contents so that the food is not exposed to potential contaminants.

Temperature

- Refrigerated potentially hazardous foods shall be at a temperature of 40°F (4.4°C) or below when received
- Cooked foods received at 140 °F (60 °C) or above.
- Food shipped frozen shall be received frozen

Prohibited Food Storage Areas

Don't store foods in;

- Locker rooms, toilet rooms, dressing rooms, or mechanical rooms, and
- Rooms used to hold garbage,
- Under sewer lines that are not shielded,
- Under leaking water lines,
- Under open stairwells or under any other sources of contamination.

Bulk milk and condiments.

- Bulk milk dispenser tubing must be cut properly.
 - no more than one inch protrudes from the dispenser
 - cut diagonally (45-degree angle) to allow excess milk to drip free from the tube between use.
 - too long or not cut properly will allow milk to become trapped in the tube and will subsequently result in bacterial growth since the tube is not refrigerated.
- Condiments are dispensed using individual packages or approved dispensing units

Holding & Serving

- Salad dressing, mustard, ketchup, and other bulk containers must be wiped down between meals.
- Ice is dispensed using a clean scoop, or using an automatic ice dispensing unit. Ice buckets must be clean and sanitized before filling.

Cleaning and Sanitizing

- Most KPs will be involved in keeping the facility clean, and cleaning and sanitizing equipment and utensils

Cleaning & Sanitizing

- All non-food contact surfaces in the DFAC must be cleaned after each meal
- Food contact surfaces, (food service equipment and utensils) must be properly cleaned and sanitized using either a
 - three-compartment sink, or a,
 - Dishwasher, or a
 - Clean-in-place method.
- Use of sponges, steel wool, wooden handled brushes, and common dishtowels are prohibited.
- Reusable wiping cloths must be if stored in sanitizing solution.

Manual Cleaning & Sanitizing

- 3-compartment sink must be cleaned prior to use.
- Wash sink: hot, soapy water at 110°F
 - Do not use machine dishwashing compound(s) for manual ware washing.
- Rinse sink: hot water that is at least 120 °F
 - When the water becomes soapy or greasy, empty and refill the sink.
- Sanitizing sink: heat or chemical
 - Hot water method: 30 seconds @ 171 °F
 - Chlorine Bleach: 100 ppm @ 75 °F for 15 seconds
 - Iodine Solution: 12.5 - 25 ppm @ 75 - 120 °F for 30 seconds
 - Quats: 200 ppm @ 75°F for 30 seconds

Mechanical Dish and Pot and Pan Machines.

- Mechanical dishwashers do a good job of cleaning and sanitizing dishes.
- However they must be operated correctly.
- Each manufacturer has required loading rates, operating speeds and temperatures.

Mechanical dishwashers

- Most frequent operating problems include;
 - Overloading dish racks.
 - Rushing the cycle, pulling racks out before the cycle is complete.
 - Starting the dishwasher before it is at the correct temperature.
 - Not cleaning the dishwasher between meals.

Sanitizing In-Place Equipment and Food Contact Surfaces

- Sanitizing food contact surfaces of clean-in-place equipment.
 - Double sanitizing concentration used for a 3 compartment sink. Wet surfaces and air dry.
 - For chlorine, however, a 100-ppm solution is adequate
 - For other sanitizers a second clear water rinse may be necessary
- Sanitizers must be used at the proper concentration to effectively kill disease causing organisms.

Equipment and utensils
after cleaning and
sanitizing **MUST** be
allowed to air dry.

Drying with a towel or
dishcloth is prohibited.

Cleaning Procedures for Food Operations.

Wash Food Contact Surfaces Often

- Bacteria can spread throughout the kitchen and get on to cutting boards, knives, sponges and counter tops.
- Food contact surfaces must be washed and sanitized after each use and at least every 4 hours when in continuous use.
- Wash hands after cleaning chores and before doing any food preparation.

Cleaning Principles

- Wash and sanitize cutting boards, knives, utensils and counter tops in hot soapy water, rinse and sanitize after each food item.
- Use plastic or other non-porous cutting boards.
- Use paper towels to wipe debris off tables and kitchen surfaces.
- Cloth towels must be washed often in hot water and stored in a sanitizer solution between uses.

Cleaning techniques

■ Kitchen

- Cleaning should be done after meal is finished and food is put away or covered.
- Wet mopping or dustless floor mops should be used.
- All equipment must be cleaned and sanitized after each use and re-sanitized before use..
- Cover unused equipment to prevent contamination.

Cleaning techniques

- Latrines.
 - Start with walls, mirrors and hand sinks
 - Then clean floors.
 - Finally clean urinals and commodes.

Basic Vegetable Preparation

- Military KPs are authorized to perform basic vegetable preparation.
- Except when washing fruits and vegetables, KPs will not touch exposed, ready-to-eat food with their bare hands. Use suitable utensils (such as deli tissue, spatulas, tongs, single-use gloves, or dispensing equipment)
- KPs must also minimize bare hand and arm contact with exposed food that is not in a ready-to-eat form

Ice

- Ice may not be used as food or in drinks after it is used for cooling food, packaged foods, or the cooling coils and tubes of equipment
- Packaged food may not be stored in direct contact with ice or water if water can enter the package.
- Don't store unpackaged food in direct contact with undrained ice
- Whole, raw fruits or vegetables; cut, raw vegetables (such as celery or carrot sticks or cut potatoes) may be immersed in ice or water

Ice

- Ice intended for customer self service shall be dispensed from self-service, automatic ice dispensing machines or placed in cleaned and sanitized self-draining container
- Use clean and sanitized scoops, tongs, or other ice-dispensing utensils
- Don't use glassware for scooping ice

Pauses and breaks

- During pauses in food operations store food utensils in the food with handles above the top of the food and container
 - For non-PHF, store utensils with handles out of the food, within a clean containers or equipment that can be closed, such as bins of sugar, flour, or cinnamon
 - KPs may also store utensils on a clean portion of the food preparation table or cooking equipment,
 - Equipment and utensils shall be cleaned and sanitized at proper frequency. At least every 4 hours.

Customer Self Service

- Examples of include;
 - Salad bars,
- Soup bars,
 - Drink stations.

Using Clean Tableware for Second Portions and Refills

- KP may have to supervise customer self-serve areas. Customers will not use soiled tableware for second portions or refills.
- Consumers can reuse cups and glasses if refilling from a fountain or commercial soda or coffee dispenser.



Returned Food for Re-service

- Food that was served but is unused or returned by the consumer may not be re-offered as food.
- Except for crackers and condiments, in an unopened original packages, may be re-served.

PERSONAL CLEANLINESS

Field Feeding

KP SUPERVISOR

Insulated Food Containers

- IFC inserts that are not properly cleaned and sanitized can contaminate food.
- The IFC can also become an incubator for bacteria when the temperature of the food drops into the temperature danger zone

Insulated Food Containers

- When packing the IFC for remote-site feeding, supervisors must ensure that hot foods are at 140° F or above and chilled foods are at 40° F or below before they are placed in the inserts
- IFC must be pre-heated or pre-chilled.

Insulated Food Containers

- After filling the cooks place a label on the container indicating item name, internal temperature when filled, number of servings, and date/time placed in the inserts
- When serving, hot foods should still be at or above 140° F
- IFCs are designed to keep foods hot for 3 to 5 hours and cold for 3 to 4 hours if managed properly.
- PHFs can only be held 4 hours in IFC and then discarded

Insulated Food Containers

- All foods, including tray packs and canned items, must be removed from their original containers and placed directly in the IFC inserts prior to distributing for remote-site feeding.
- Items packed in IFC inserts are protected from residual dust/dirt that may contaminate the lids/covers of tray packs and cans.
- Exceptions to this are individually packaged items served in its packaged form (i.e., pastries, cookies).

Insulated Food Containers

- IFCs must be cleaned after each use.
- Inserts must be cleaned and sanitizes.
- IFCs and inserts must be stored in a clean dry area and stacked to allow proper air drying.

The background is a dark, textured blue and purple gradient. A bright, circular light effect, resembling a lens flare or a glowing orb, is centered on the left side of the image. The light is a vibrant cyan-blue, with a soft, hazy glow that fades into the darker background. The overall effect is ethereal and atmospheric.

Questions??